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Toronto organization looks to revive old camp in Minden Hills

by CHAD INGRAM

Times Staff

Toronto's St. Alban's Boys and Girls Club has purchased a summer camp property in Minden Hills, and its president made a presentation to township councillors during a May 9 meeting.

St. Alban's purchased the property off of County Road 121, located on 242 acres with 7,000 feet of shoreline on Howland Lake, last year. The club was founded in 1949 as a boys' sports club meeting in the basement of St. Alban's Parish Hall in Toronto. As president Don Stewart informed councillors, the club is today non-denominational when it comes to religion; St. Alban's is simply its namesake. Girls became a part of the club in

the 1960s, and it was renamed the St. Alban's Boys and Girls Club in the 1970s.

Today, the club operates in four Toronto communities, one in York Region, and has a total of about 800 kids per day partaking in mostly after-school programming, with some 3,000 in all taking part in programs.

The plan for the camp is to focus on outdoor and wilderness experiences.

"It's very different from programming we run in the city," Stewart told councillors.

The organization has been making upgrades to the property, including repairs to its dining hall and the refurbishment of a road. The camp, the former Toronto Y.P.U. Camp, has sat unused for about 15 years.

The plan for the summer of 2020 is to offer camping on the site, with about 40 children attending throughout the summer. The

see CAMP page 2

Landfill, planning fees to increase

by CHAD INGRAM

Times Staff

A number of fees in Minden Hills are set to increase, and some new ones introduced, with a public meeting on those fee changes taking place in council chambers on May 9.

At landfills, Minden Hills will start charging for the deposit of brush, something the township has not done before, but which most surrounding municipalities do. That fee will be \$30 per cubic yard, or a minimum fee of \$15.

There will be an increase in the per-bag fee

for bags of waste in excess of the three-bag limit. That fee is scheduled to increase from \$1 to \$2. As roads superintendent and acting environmental and property operations manager Travis Wilson told councillors, in the case of the township's transfer stations, "that still doesn't cover the full cost of having to truck it to Scotch Line [where the main landfill is located] and bury it."

The per-bag fee for un-recycled and unsorted waste will go from \$2 to \$3, and the number of car and truck tires that can be deposited at no charge will decrease from five to four. The fee to dispose of a mattress or box spring will increase from \$10 to \$15 per unit. As Wilson

see FEES page 4



Community comes together in Kinmount

Jeff Weerdenburg grills up some burgers at a barbecue in celebration of the 20th anniversary of the Kinmount Artisans at the Meet Your Community event at the Kinmount Community Centre on May 11. See more on page 12. /CHAD INGRAM





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Anthony vanLieshout, CRA, Broker of Record Marcia Bell* Chris James*
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Camp vacant for past 15 years

from page 1

presentation also included renderings of communal cabin designs, and by 2029, the plan is to have 12 cabins constructed, with about 1,200 children attending during the course of the

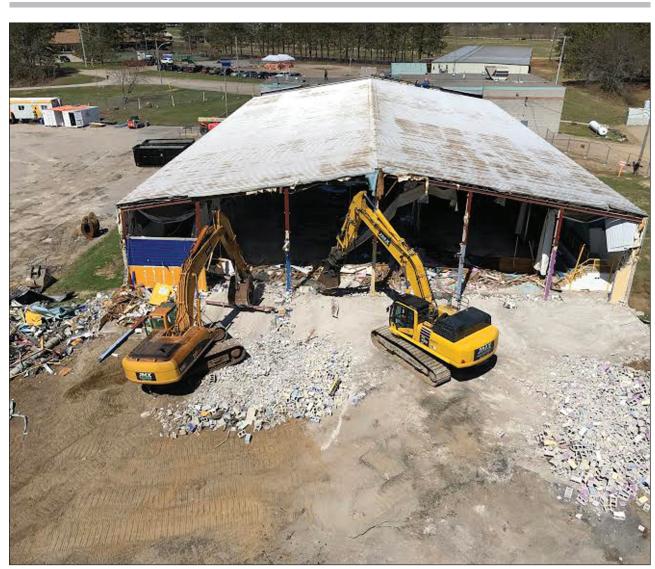
While the club's regular activities includes programming for daycare-aged children up to those in their early 20s, the camp will focus on activities for those eight to 16 years in

Stewart said the club had been utilizing local contractors,

would like to make more community connections, and was looking to the township for guidance with planning bylaws, building permits, etc., and Mayor Brent Devolin said they'd be put in touch with township staff.

Welcome to the neighbourhood," Devolin said, adding, We're as excited as I think you probably are."

Councillor Jean Neville, noting a number of area camps offer day camps for local kids, said she hoped local children could be included, which Stewart indicated would be a consideration.



Minden arena comes down

This image, taken from a lift 65 feet up, shows the S.G. Nesbitt Memorial Arena being demolished last week. The groundbreaking ceremony for the Minden Hills arena renewal project will take place at the property on the afternoon of Friday, May 31 at 1 p.m. /McDonald Brothers Construction



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County focused on financial sustainability: warden

by VANESSA BALINTEC

Times Staff

On Tuesday, May 7, Haliburton County Warden Liz Danielsen addressed public concerns and questions over what her and the council's plans will be for the next coming year.

"Our primary goal is sustainability," said Danielsen. "For us that means we have funds available to replace or rehabilitate assets whenever it's needed. If we continue to work towards this goal of sustainability, it will ensure that there is no unanticipated large spikes in tax rates as we face large projects."

The first matter at hand was looking at road maintenance. as the spring season has shown there's a long list of projects scheduled for improvements this year.

Danielsen said the county did not receive sufficient funding from the provincial government for provincial highway upkeep, and it may take as long as three years to see a turn-around in optimal road maintenance and sustainability. "While best efforts have always been made to keep up roads, they can sometimes be at the expense of other roads.

Haliburton County has a debt capacity that can allow consideration for loans to speed up the process in the future, said

In terms of sustainability, council has also looked into longterm investments in climate change mitigation and adaptation that all four municipalities can work together on.

"We'll be initiating a climate [change] mitigation and adaptation plan that will outline environmental sustainability priorities, establish goals and targets and identify actions to achieve them."

To ensure the protection of lakes, the county is also investing in additional shoreline protection which will incorporate the existing shoreline tree preservation bylaw. Danielsen noted it would be changing all municipal bylaws and enforcing new ones will be a "somewhat difficult and long" task to achieve.

The county continues to invest in retrieving data from the Gull River and Burnt River to complete flood engineering, hydrology, and mapping. Danielsen says an investment of more than \$266,000 represents just 50 per cent of proposed 2019 costs shared with the federal government.

"The overall project investment does far exceed that amount," said Danielsen.

Among sustainability, amalgamation and government structure was a topic of concern.

According to Danielsen, the council is working closely with all four municipalities for a shared services review to help determine how closely the municipalities have to work



Danielsen addresses the crowd and members of the Chamber of Commerce. The Breakfast Club held their meeting at the Sandy Lane Resort on May 7. / VANESSA BALINTEC Staff

Haliburton County Warden Liz

together to help reduce costs, provide better service, and maintain "unique individuality."

Some guests had concerns over whether or not this would be a repeat of previous years' talks with no action.

"Everybody is going into it with an absolute open mind, I can tell you that," said Danielsen.

'We are not convinced amalgamation in its true form will work. I think in many ways we'll lose our identity, we'll lose our ability to make decisions on our own, and we're not convinced that it's going to save money in the long-run. I don't think people realize just how much we already share our services.

"We will look at all models, costing, and what we might save. In the meantime, we're working together, all four municipalities and the county," said Danielsen.

Danielsen said the council should have the results of the shared services review in time for the upcoming strategic planning session taking place close to two months' time.

Progress in internet and cell service was of interest, too.

This year, \$140,000 was invested in Eastern Ontario Regional Network as a contribution towards a cell coverage improvement project and updated broadband gap analysis. A total between \$500,000 to \$600,000 has been contributed. The council is confident they will be hearing an announcement from upper levels of government about funding that will improve gaps in cell service and provide improvements in the area. Alternatives for faster service will continue to be investigated.

"Once the EORN is armed with information on the gap analysis, we'll be looking for the fastest way to leverage enough money for projects to happen as quickly as possible,"

Meanwhile, Bell has just announced its new wireless home service in the area starting in northern parts in the county and working south that use network infrastructure from the original EORN contributions.

Danielsen alluded to the future of rural transit.

"It just doesn't seem viable right now," said Danielsen. "While there have been high hopes for rural transit, unfortunately we had to place this project on the back burner at least for this year to ensure that we maintain existing levels of service before implementing new programs."

However, an established reserved fund for transportation will remain a "standing item for future consideration" every year when budgeting and long-term planning takes place.

A development charges study this year will take place.

"The goal is to ensure the full cost of providing infrastructure to service new growth areas is not borne completely by taxpayers," said Danielsen.

"We are simply exploring the use of development charges to assist covering part of the cost, something the province is encouraging. I don't want to alarm people – we don't have any decision to where we go with that. We'll wait to see what the study tells us."

As for new development, the county continues to invest in desperately-needed housing projects with the City of Kawartha Lakes.

"The province is also in development of new rules with respect to housing development, hopefully making it easier for developers to move forward with housing projects," said Danielsen.



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COUNCIL MEETINGS

Public Welcome

Meetings are held at 9:00 AM in the Minden Council Chambers, 7 Milne Street

May 30 - Regular Meeting of Council June 13 - Committee of the Whole Meeting For Council, Boards & Advisory Committee meetings, visit www.mindenhills.ca

Note: Council meetings are reduced to one (1) for the months of July, August and December

COMMUNITY IMPROVEMENT PLAN ONLINE SURVEY

Take the Online Survey as part of our ongoing Community Improvement Plan, which provides a framework for encouraging physical improvements to private buildings and properties within the community, supporting existing businesses and economic development opportunities, and attracting more residents and visitors into the village. Visit www.mindenhills.ca for more information

HOUSEHOLD HAZARDOUS WASTE DAY

Scotchline Landfill

Sat May 18, 2019 (Victoria Day Long Weekend) 8:00 AM to 11:30 AM. Visit www.mindenhills.ca for more information

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Opening of the Minden Hills Museum & Heritage Village Exhibition: Tools of the Past at the Sterling Bank

COMING UP at the Agnes Jamieson Gallery San Murata

Ontario & Quebec: Living for Landscapes May 30—July 6 Meet the artist on May 31 reception at 4:30PM to 6PM



Council and Staff wish everyone a safe and happy Victoria Day Holiday Weekend

The Administration Office will be CLOSED on Monday May 20th. Regular office hours will resume on Tuesday, May 21st.

EMPLOYMENT OPPORTUNITIES

following positions: For the Finance Department: Deputy Treasurer

For the Building/Bylaw/Planning Department: **Building Inspector/Municipal Law Enforcement Officer**

> For the Community Services Department: Supervisor of Facilities and Parks **Casual Part Time Operator**

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Fees changing in many departments

from page 1

told council, mattresses from the landfills are taking to a facility in the GTA where they are split open, with usable material from within salvaged.

"We pay \$10 a mattress for them to do that, and we have to ship them down to Mississauga to have that performed," he said.

The fee for disposing of boats will now be \$8 per foot, and the fee for disposal of boat shrink wrap will increase from \$5 to \$26.

New fees for those on Minden's water and sewer system include a \$75 fee charged to property owners requesting a final read due to a property sale or transfer of title, and a \$75 charge to set up a new account following a property sale or transfer of title. Also new will be a fee charged for statements of account.

Anyone requesting a statement of account for property taxes or water/sewer services will be charged \$10, or \$20 if both are being requested.

À number of administrative fees within the township's planning department will increase. The fee for a minor variance application will increase from \$700 to \$750; official plan amendments from \$1,000 to \$1,300; zoning amendment from \$750 to \$800; and combined official plan and zoning amendments from \$1,500 to \$1,800. The administrative fee for applications to purchase shoreline road allowances will increase from \$500 to \$750.

A full list of the proposed fee changes can be found by searching the May 9 Minden Hills committee-of-the-whole meeting agenda on the County of Haliburton website.

MH to revise food truck bylaw

by CHAD INGRAM

Times Staff

Minden Hills council has given instructions to bylaw staff to revise a township bylaw regulating food trucks.

In April, councillors had a visit from Terri Mathews, owner of Boshkung Brewing Co., Carnarvon's Rhubarb restaurant and Minden's Boshkung Social, who requested they change a 17-year-old bylaw dictating that any business owner wishing to locate a food truck on their property obtain permission from any owner of another food establishment within 1,000 feet. During the April meeting, Mathews called the bylaw "out of whack," and Mayor Brent Devolin said he

was unsure what the rationale had been behind the creation of the bylaw by the council of the day.

"It is believed that the rationale for the 1,000-foot requirement is that if an existing restaurant was already established, and a refreshment vehicle was set up in close proximity, the refreshment vehicle may have an advantage with regard to setup and overhead costs, property taxes, etc.," read a staff report from chief building official Colin McKnight, which council received during a May 9 meeting.

During that meeting, council instructed McKnight to reduce that 1,000-foot setback to 100 feet, and the revised bylaw is set to be passed by council during a meeting at the end of the month.

Koshlong Lake residency attracts artists for first summer

Ten artists will be taking part in the Halls Island residency on Koshlong Lake this summer, coming from Newfoundland, Manitoulin Island, Durham Region, eastern Ontario, Toronto and Haliburton.

The residency offers an off-grid island setting for artists to work. A press release sent out by the committee included details about three of the projects: a poet intends to work on chapbook, or paperback booklet of poetry or fiction; a visual artist will be doing water-colour; a screenwriter intends to work on an animated children's series.

The committee recently found out they were

successful in obtaining a Local Initiatives grant from Haliburton County Development Corporation for the residency.

The artists plan to conduct community engagement sessions to engage, teach and inspire and will be promoting them in local media as well as at hallsislandartistresidency.

The residency is made possible by a family who has donated time, funding and use of the property for the artists. The Halls Island Artist Residency is part of the Haliburton County Community Co-operative.

Staff

DVD of the Month - May

Disney's Mary Poppins Returns with (Emily Blunt & Lin-Manuel Miranda)

Decades after her original visit, magical nanny Mary Poppins returns to help the Banks sib-



lings through troubled times once again. After an adult Michael Banks loses his wife, he's left to care for his three children: Annabel, John, and Georgie, all by himself. With money running short, the Banks family struggling, the Banks family is at risk of losing their beloved childhood home. Even with help from Michael's selfless sister, Jane, the future looks bleak. Enter: A lost kite, a friendly lamplighter (Lin-Manuel Miranda), and of course – with the artful aplomb that only Disney can deliver – the "practically perfect" nanny herself (Emily Blunt).

Set in London, England during the Great Slump, Mary Poppins Returns is a delightful tale full of all the magic, whimsy and wonder of the original, and it is currently available for reserve at the Haliburton County Public Library.







Ready to play

Members of the Minden Pickleball Club are ready for you to join the fastest growing sport in North America. Pickleball is a combination of tennis, badminton and table tennis played on a court with a wiffle type ball. Currently playing in the Minden curling club, the members are looking forward to the completion of the new arena and community centre facility. Come out and give it a try - Monday, Wednesday and Friday from 9 a.m. to 12 p.m. (Minden) and the Haliburton Club, Tuesdays in Haliburton at the high school gym, from 7 to 9:30 p.m. For more information contact Wendy (Minden) at 705-455-6489, wpaddington@gmail.com; or Jen (Haliburton) at 705-749-3787; jbcoates@ xplornet.ca.

If you want to give it a try yourselves, come on out! /Submitted









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Community improvement

CHAD INGRAM

Reporter

AST SUMMER, the Township of Minden Hills embarked upon the creation of a community improvement plan, and that process is now at a phase of public input, the township encouraging residents to take an online survey and provide feedback. Taking the survey is a short but worthwhile exercise.

The institution of a community improvement plan allows a municipality to provide private property owners financial incentives for improvements to their properties, the idea being these aesthetic enhancements

improve the economic development viability of the community. A local government giving money to private enterprise is something normally prohibited through the Municipal Act, but a section in the Planning Act allows municipalities to create such a framework through the establishment

of a community improvement plan. Such plans entail the delineation of a physical area within which businessand homeowners can apply for access to grants and loans.

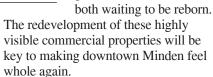
In the case of Minden Hills, the recommended geographic area includes Minden's downtown core and the immediately abutting neighbourhoods, which makes sense.

Minden is a gem, just one in need of some polishing. Minden has a lot of things working in its favour. The Gull River, while sometimes our foe during the spring freshet, is, the rest of the year, a shimmering asset flowing through the heart of the downtown. It is not only picturesque, but a venue for leisurely recreation. Last year's inaugural operating season for Minden River Run, allowing customers to float from Rotary Park into the downtown, added another layer of buzz to the village's busy summer vibes. Riverwalk, the boardwalk connecting

Invergordon Avenue to the cultural centre, the cultural centre itself – all

Hinderances include the perennial challenge of keeping all of the main drag's storefronts full. There is an ebb and flow to this, but Minden's main strip virtually always has some vacancy, and no vacancy is the goal. Aesthetic improvements resulting from a community improvement plan, as well as access to its financial incentives, should in theory attract new business owners to the downtown core, as well as help existing business owners

spruce up their buildings. Another hinderance comes in the form of two notable eyesores in the downtown: a former tavern and a former theatre. Two of Minden's flagships in their glory days, these properties now sit as vacant and dilapidated ghosts, both for sale and



The plan will also draw upon aspects of the 2014 Minden Village Redevelopment Master Plan. The council of the day got started on some of that work – new sidewalks, the blue gateway signage located at village entry points on Bobcaygeon Road and Water Street – but certainly more highly visible signage along Highway 35 is required to awaken passersby to the fact there is an entire village with a whack of great businesses located just off the

In the meantime, residents have a chance to contribute to the work by taking the township's survey. It's half a dozen questions long, takes just a few minutes and can be found at https://mindenhills.ca/communityimprovement-plan-online-survey.



Dutchman's breeches flower in the Highlands. /JENN WATT Staff

Legends and tags

ATELY, I HAVE not had very many opportunities to fill the turkey tag that is burning a hole in my hunting vest pocket. This has left me in quite a conundrum.

You see, I talk and write so much about turkey hunting that people expect me to be tagged out very early in the season. And, when I am not, I have a lot of explaining to do – especially when the person asking me has a great nephew who just started hunting and got two huge gobblers in the first two days of the season.

(Those are always the people who stop you.)

In this case "Good for him" will not suffice.

People want to understand, why you, a veteran of the turkey woods, has not yet killed a bird - and too much sleeping in, too much work, too much fishing or too much rain, will not suffice as good answers. In cases like this, you need to get

That's why "I'm still looking for that one-legged gobbler," is my standard reply. "What?" they'll respond.

That's when I tell them about the onelegged gobbler that hopped past me last deer season. And then I will confess to them that this has become my avian version of Moby Dick.

"I'm not sure how it lost that leg," I'll say in almost a whisper, as I look off into the distance, "but it seems to do just fine without it."

At this point most people will ask why anyone would want to shoot a one-legged

That's when I look them straight in the eye and say, quite dramatically, "Because I really like drum sticks."

"But it only has one," they'll generally point out.

"Yes, but it is huge," I answer. "Is it harder to hunt than a regular bird?" they'll ask. "Is it warier?"

"Well," I'll reply, "You can certainly hear it coming because it has only half as many footsteps as a normal turkey. Unless it is running in which case it sounds the same as a normal turkey walking..."

I will then tell them how its one weakness is that it is attracted to decoys because they are balanced on a single pole, so they

also appear to have only one

"The bird seems to take some comfort in that," I'll say.

"Really?" some will reply. "So it must be much easier to hunt than normal gobblers."

'Not really," I'll respond. "It also has a few natural advantages. For instance it is twice as hard to track since it only leaves half the prints."

"What else?" they'll ask.

"Well, it has this unnerving habit of scratching its head," I'll explain. "Every time it does that it falls to the ground. I missed it twice earlier in the season because it got bird lice."

'So it's unpredictable, huh?"

"Yes, it trips a lot too," I'll add. "I'm really hoping he hops into a groundhog hole so I can get a still shot."

By the time that conversation is finished, the person I am speaking to will realize they should probably never ask me anything about how my turkey hunt is going again. In fact, they will probably tell their friends never to ask me about how my turkey hunt is going again either.

All this, of course, assumes that they realize my story doesn't have a leg to stand on.



STEVE GALEA Beyond 35

INOTHERWORDS

Columns and Letters to the Editor

Boat launch day thoughts

▼ ETTING THE BOAT ready for spring launch can be stressful. Will the motor start quickly and run smoothly after its winter hibernation? Did you remember to insert and secure the drain plug? Are the trailer lights shining and blinking, as they were when stored last fall? Much to think about. Much to remember. No time for Made in China complications.

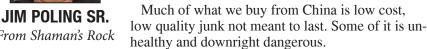
But there they are. The light switch I installed last summer falls apart when I give it a test flick. Made in China.

Neither trailer tail light burns brightly or blinks the way it is supposed to. Bulbs Made in China.

Boat launch day reminds me that we are a society smothered in cheap Made in China products. It is difficult to find much of anything – from toys to med-

icines to consumer electrics and even nuts and bolts and screws – that is not Made in China.

China is Canada's second largest trading partner now. Since 2011 Canada-China bilateral total trade has grown by more than \$50 billion and Canada's trade deficit with China has grown to billions of dollars. In other words, we buy a lot more from China than we sell to it.



From Shaman's Rock Some readers might recall the Made in China toys that contained unsafe levels of lead. Or the firecracker inspections that

revealed that nearly 50 per cent of firecrackers sampled in 2017 didn't pass product inspection and testing.

It is not that the Chinese are incapable of producing quality goods. Their factories turn out lower quality, inexpensive stuff for a reason: we North American consumers encourage them to because we want goods at lower

When we buy cheap Chinese goods we forget – or ignore – how we are hurting ourselves. Much of what China is producing for our retail markets was invented and originally produced in North American factories. We have turned huge amounts of manufacturing over to China simply because they will produce it more cheaply.

Meanwhile, more of our factories close and our people have fewer jobs. Maybe it is time to change our thinking. Begin thinking about paying more for goods produced at home; goods that will help to create the jobs needed to build and sustain strong communities, particularly in rural areas like Haliburton County.

Trade with China, and other global economies, is important and necessary. But there needs to be a balance, which in the case of China, certainly is missing.

China not only floods us with cheap products, it plays dirty and we respond in typical Canadian Milquetoast style. We are holding Hauwei Technologies executive Meng Wanzhou in house arrest under a legal agreement with the United States. We are following a rule of law, something that China seldom

In retaliation, China has imprisoned Canadians on trumped up charges, has suspended or cut back imports of Canadian canola and pork and has issued a travel advisory against Canada. It's nasty and unlawful but that's the way China operates.

Canada needs to get tough and fight back. And we don't need to wait for our government. Citizens can get tough through their buying power.

The next time you purchase an item, determine if it is Made in China. If it is, ask if there is an alternative manufactured elsewhere. If there is, be willing to pay more for the alternative, especially if it is produced here at home.

We all like to pay less for the goods we buy but often we end up paying more for cheaper goods that don't stand up and need to be replaced. Paying twice for a low quality item usually means paying more overall than for one quality item.

Also, there is growing comment that buying goods produced locally is better for the environment than buying goods produced abroad. Certainly Chinese manufacturing is no model of environmental awareness. China burns 47 per cent of the world's coal to power its manufacturing plants.

Small consumer boycotts might seem ridiculously ineffective against a manufacturing giant. However, there are times in our lives when doing a little is far better than sitting back and doing nothing.

letters to the editor

Aging Well group denounces cuts to library services, health units

To the Editor,

Re: cuts to library services and health units Aging Well Haliburton County is dismayed by the news of the library and health unit cuts. The loss of the inter-library-loan service (ILL) will particularly affect older adults. Large print books provide an important part of the loans, and serve to expand our library's necessarily limited collection.

The reduction of the provincial health units from 35 to 10 may result in the loss of essential health promotion staff and programs.

Recently, Laurie Scott accepted our Master

Plan for an Age-Friendly Community with enthusiasm and understanding. However, the effect of the cuts, both those proposed and actual, will undermine the basic age-friendly concepts of engagement and information acquisition for area seniors. The harm will be felt and noticed.

Aging Well urges further thought and consultation on these cuts, along with a serious recognition of their impact for seniors in small rural communities.

> **Lynn Phillips Aging Well Haliburton County**

Scott's words 'Trumped' by Ford's actions

To the Editor,

MPP Laurie Scott, nothing you have said to defend or justify the cuts to our libraries stands up under scrutiny. During the announcement of these cuts in the legislature, you nodded and clapped along with your colleagues.

Have you ever requested a book or other information source through an inter-library loan in order to prepare for and complete an academic assignment, or to enrich your knowledge in an area of interest? Maybe one of your favourite author's books was not available in your smaller local library, and you were able to enjoy reading it because you had been able to borrow it from a library in another community somewhere in Ontario.

All of the possibilities suggested above were made possible through the allotment of public funding sufficient to permit the Ontario Library Services to meet its original mission of equalizing access to information for all residents of Ontario, no matter the size of their community or

the budget and resource limitations of their local

Now, let's have a look at how Haliburton residents' equal access to information has been supported by the "Government working for the People," and its "plan to put everyday workers and families first." The website for our Haliburton County Public Library makes this crystal clear:

Notice of changes to interlibrary loan service. Effective April 18, HCPL will no longer provide interlibrary loan service. This service allowed patrons to access books in libraries all over Ontario.

MPP Scott, you may need to amend the following notice on your own website – potentially on a weekly basis:

"There are a wide variety of services available in our community! Learn more about the local services available to you and your family.'

> John Gibb Minden

How to avoid ticks this summer

The Haliburton, Kawartha, Pine Ridge District Health Unit encourages residents to avoid blacklegged (or deer) ticks. This type of tick may carry the bacteria that causes Lyme disease, an illness that can lead to recurring arthritis, neurological problems, numbness or paralysis if left untreated. With blacklegged ticks known to be present in many parts of Ontario, it's important to take precautions.

'Blacklegged ticks settle on tall grasses and bushes, and then attach themselves to a passing person or animal," says Dharminder Kaler, a public health inspector with the HKPR District Health Unit. "Once attached, a tick will feed on the host's blood. The longer a blacklegged tick feeds, the more it becomes engorged and the greater the risk it can spread Lyme disease to a person."

To avoid blacklegged ticks, the health unit suggests you apply bug spray containing DEET on your skin and clothing; wear closedtoe shoes, long-sleeved shirts and pants; pull socks over your pant legs if possible; and stay on marked trails when walking in a nature area. To keep ticks away from your property, cut grass short and trim bushes and branches to let in sunlight. More tick prevention tips and additional Lyme resources are available on the health unit website (www.hkpr.on.ca).

After being outside, Kaler also suggests checking your entire body for ticks. It's a good idea to have a shower as soon as you can to wash off any ticks. Put your clothes in a dryer on high heat for at least 10 minutes to

kill any ticks that may be attached.

If you notice a tick on your body, remove it as soon as possible. There are many tick removal products available, so be sure to follow manufacturer's directions. If using finelytipped tweezers, grasp the head of the tick as close to the skin as possible. Pull it slowly, straight out. Immediately after, wash the bite area with soap and water, or alcohol-based

People should see a health care provider right away if a blacklegged tick has been attached for more than 24 hours or is engorged (meaning it's been feeding for some time). You should also seek medical attention if you experience symptoms of Lyme disease, such as skin rash, fever, headache and muscle/joint pain. If detected early, Lyme can be treated successfully with antibiotics.

If you have been bitten by a blacklegged tick, you can submit it for testing to the health unit. Ticks are tested for surveillance purposes only to see if they are the type that can transmit Lyme disease.

People can also identify ticks online through the eTick website (www.etick.ca). Using the online portal, submit a photo of the tick you have encountered. Within 48 hours, you will be notified if it is a blacklegged tick which is the type that may spread Lyme disease. The result is not meant to provide medical advice, but can help people determine if they wish to see a health care provider.

Submitted by HKPR Health Unit

Deconstructing diet trends

AST WEEKEND I attended a workshop on diet trends, and of course I couldn't wait to share the information with you. The best place to start is with defining the term "diet." Here are

four definitions according to the Merriam Webster dictionary:

- 1. food and drink regularly provided or con-
- 2. habitual nourishment;
- 3. the kind and amount of food prescribed for a person or animal for a special reason;
- 4. a regimen of eating and drinking sparingly so as to reduce one's weight.

The biggest thing I learned is that we interchange the word "diet" with "protocol." The third definition listed above is what

we should be thinking of as a protocol. In other words, a type of therapy used to help calm the symptoms of other medical issues. Currently, the Keto Diet is incredibly popular. I'm not sure if people following it



LAURIE SWEIG Practical Fitness

realize that it was originally a protocol developed to help in the reduction of epileptic

The Whole30 is another popular diet that stems from a medical protocol. It is based on the practice of eliminating food consumed and then slowly adding them back in to determine sensitivities to foods that cause discomfort or illness. While both of these diets/protocols can result in weight loss the question is at what cost?

The preferred fuel source for the human body comes from carbohydrates. To be clear carbohydrates are in pretty much everything that we eat with the exception of meat, poultry and fish. When we think of carbs we think of pasta, bread, and potatoes. Reality is that there are carbs in vegetables and fruits.

When we eliminate carbohydrates from our diet our bodies have to switch from the natural process to the back-up process for creating energy to keep us functioning and moving. When this happens, organs, such as the kidneys, are stressed because they have to work harder than normal. That's why certain "diets" should be not a regular or longterm weight loss or management solution. Sure in some cases extreme measures need to be taken to start the weight loss process. These situations need to be supervised by a medical professional (doctor/dietitian/certified nutritionist).

I believe that our bodies know what is best for us and we need to learn to listen to them. I love definition No. 2 – habitual nourishment. The best thing for us is to get in the habit of nourishing our bodies. When we're sluggish we need to react by consuming something like an apple (packed with nutrients) and a glass of water instead of a cup of coffee and a doughnut. The pounds won't fall off of us if we do that but we'll get to where we need to be in a healthy manner.

Something to think about.

Laurie Sweig is a certified personal fitness trainer and spinning instructor. She owns and operates The Point for Fitness. She can be reached at laurie@thepointforfitness.





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EMS calls in county spiked last summer

by CHAD INGRAM Times Staff

As a cottaging community, it's common for Haliburton County to experience a spike in EMS calls during the months of July and August, but that spike was especially large in 2018.

Councillors on the county's EMS committee received a year-in-review report for 2018 during a May 8 meeting.

Calls for July and August were up 17 per cent from 2017. Overall for the year, there was a 3.4 per cent increase in call crease," said chief administrative officer Mike Rutter, adding volumes to the Haliburton County Paramedic Service.

The Haliburton EMS station responded to the most calls. It has two active ambulances stationed there, more than at the county's other EMS facilities.

"That's why it always appears to be the busiest," paramedic chief Tim Waite told councillors on the committee. The Haliburton station responde d to 3,636 calls during 2018, compared to 1,633 calls responded to by the Minden station and 1,415 responded to out of Tory Hill.

"We did meet or exceed [the goals for] all of our response times," Waite said, indicating the service was close to the line on meeting its targets for responses to sudden, cardiac arrests. The goal is to make it to 20 per cent of such calls within six minutes. As Waite explained, because there are so few calls for sudden cardiac arrests in the county, "one call can skew that, one way of the other."

The committee was supportive of adding a night shift at the Tory Hill base. That shift would include staffing a night ambulance Monday through Thursday, and will cost an additional \$47,000 in wages and benefits, which was included in the county's 2019 budget.

"We only have two ambulances on at night," Waite said, explaining that if those ambulances end up doing out-of-county transfers, "it doesn't take long to have zero ambulances in the county.'

"We have a big county, and we never want to be in a situation where we have zero ambulances," said Dysart et al

Mayor Andrea Roberts.

Waite added that the up-staffing at the Tory Hill base provides an additional vehicle to be stationed in Algonquin Highlands up until 11 p.m.

The county recently received its 2019 land ambulance funding from the province - ambulance services are funded half by the provincial government, and half by municipalities. For 2019, the county actually got slightly more funding than it budgeted for – \$2.6 million, versus the \$2.57 million that had been included in the budget.

"We always budget as if we're not going to get any in-

this conservative method of budgeting can sometimes mean the county gets a bit more than it was anticipating.

However, Rutter has said Haliburton County's ambulance costs are expected to rise substantially, as a result of a planned merger of ambulance services by the provincial government. That merger will group more than 50 ambulance services throughout Ontario into 10 services. And because the county currently has a low per-household ambulance cost, regardless of what services it is grouped with, its costs will go up. The annual cost of the ambulance service in Haliburton County is \$238 per household, versus \$748 per household in Hastings, for example, and \$953 per household in Frontenac County.



Radio station celebrates volunteers

Volunteers for 100.9 Canoe FM gather at Wintergreen Maple Syrup and Pancake Barn for an appreciation breakfast on May 9. Plates were filled with sausages. pancakes, and sweet blueberries while volunteers got the chance to mingle. / VANESSA **BALINTEC Staff**

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Partnership group meets May 27

DORSET NEWS

Lee Ross burgesslt@me.com

The Dorset Community Partnership Group & Fund is holding a meeting at the Dorset Recreation Centre on Monday, May 27 from 7 to 8:30 p.m. Everyone is invited to attend. For more information on action projects please contact Barb Townes at bjtownes@vianet.ca. Thank you to the Township of Algonquin Highlands for providing the meeting space. Topics include: Our volunteers and project ideas, thanks for your support – 2019/20 fundraising, Dorset Community Health Care Hub, update, communications and website, Huntsville Hospital Foundation, Dorset WiFi in town, guest

speakers, community input and ideas. As always, there will be door/draw prizes and fun refreshments.

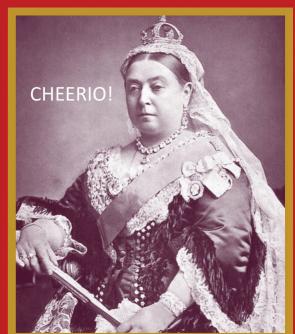
The Dorset Lions Club is looking to hire an individual to assist with their bottle drop program at the Maple Ridge Waste Facility. The bottle drop manager will accept bottles and cans from the public and sort them according to type for future pick-up. Cardboard, boxes, plastic and refuse not subject to pick-up by the recycler would be placed in the transfer station's compacting bin. This summer position is for a minimum of eight weeks starting July 1 and would entail approximately 30 hours per week. Anyone 15 years of age and over may apply. For more information, please call 705-766-9026.

Happy birthday to Steve Woolman, Feam Avery, Luke Lock and Anne Ohlmann. For birthdays and submissions please send them to burgesslt@me.com.



200TH ANNIVERSARY

Minden Hills Museum & Heritage Village Victoria Day Tea and **Live Music Saturday May 18**



11AM AND 1PM Traditional English Tea with sandwiches and cookies at the Bowron Loghouse (1866) served by staff in time period costumes

1PM The Haliburton Highlanders Pipes and **Drums Band** playing authentic music of Victoria time

Admission by Donation Food from Molly's Bistro

Opening of the Minden Hills Museum & Heritage Village Exhibition: Tools of the Past at the Sterling Bank

176 Bobcaygeon Road | in the town of Minden 705-286-3154 www.mindenhills.ca/museum MINDEN HILLS Cultural Centr





HHSS students clean up community

High school teacher Alexis David's physical education class was joined by Mrs. Ingram's Practical Academic and Life Skills class to clean up litter in Haliburton recently. HHSS students and faculty from left, Karlee Gizuk, EA, Leanne Kennedy, Annabelle Craig, Katy Booth, Sydney Little, Gerry Sutcliffe, Caitlyn Peacock, teacher Stacey Ingram, Ainsley Pascoe, Alyssa Whitaker, Anthony Stead-Miller, Elijah Campbell, Mikayla O'Neill, Jordyn Nicholls, Kendra Graham, Sharon Fennell, Abbey Villamere, and teacher Alexis David came together for a photo on Tuesday, May 7 at the fountain at Head Lake in Haliburton. Absent from the photo were Chantelle Mavor, Lily Davis, Emma Paterson, and EA, Brianne Pockett. Submitted by Alexis David

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A friendly gathering in Kinmount

Leonard Green, left, and Jack Definney of the Kinmount Heritage Model Railroad & Museum had a display at the Meet Your Community event at the Kinmount Community Centre on May 11. The railroad is looking for volunteers and anyone interested can call Green at 705-488-2796.

Historian and author
Guy Scott talks to
visitors during the
Meet Your Community
event at the Kinmount
Community Centre
on May 11. A number
of community
organizations had
displays set up inside
the centre to let
residents know about
activities they could get
involved in.





Saffi Andersen and Bill Lee enjoy some barbecue.



Denis Gorman and Jennie Maud of the Kinmount Artisans, which is celebrating its 20th anniversary.







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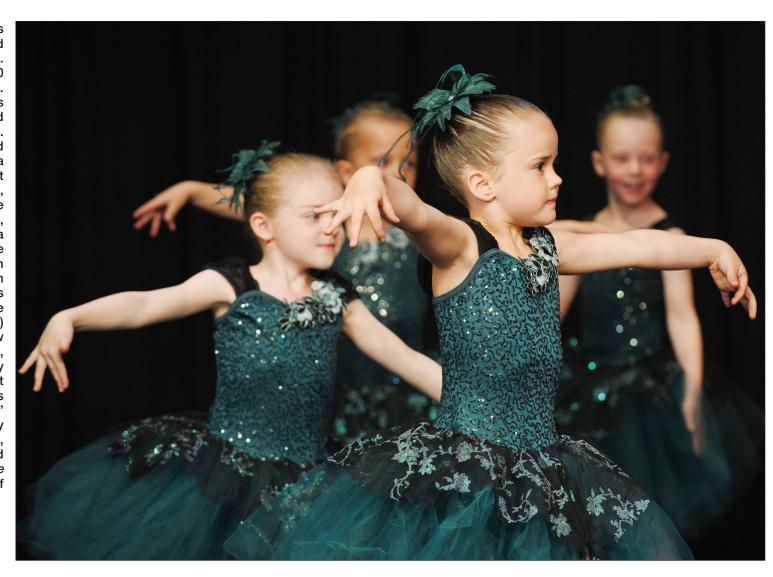
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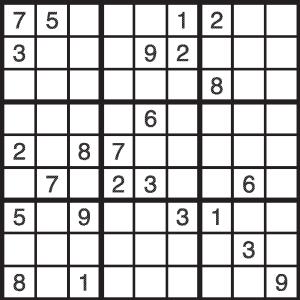
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The Haliburton Dance Academy's 23rd Annual Spring Recital held performances from May 10 to 12. The first was one on Friday at 6:30 p.m., two on Saturday at 10 a.m. and 7 p.m., including solos, duets and trios showcase at 2 p.m., and then on Sunday at 2 p.m. The HDA teachers and choreographers include Chyna Schell, Shay Hutchings, Matt Montgomery, Emma Scheffee, Bailey Woodman, Skye Lambshead, Jordy Schell, Wyatt Hutchings and Trista Greer. The dance assistants are Hannah Sharp, Sydney Parish and Maddy Walker. Information on summer programming is available on the HDA website (haliburtondanceacademy.com) and online registration is now open. HDA's Chyna Schell said, "dance camp counsellors Sydney Churko, Skye Lambshead, Wyatt **Hutchings and Jordyn Nicholls** can't wait to get started!" Haliburton Dance Academy dancers from left, Keira Buchanan, Gwen Wilson, Hadley Nesbitt and Fynnley Miscio perform Touch the Sky. /DARREN LUM Staff



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Answers on page 18



HOUSEHOLD HAZARDOUS **WASTE EVENTS 2019**



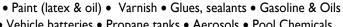
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• Pesticides & Herbicides • Fertilizers • Fluorescent bulbs

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Algonquin Highlands residents can find more information at www.algonquinhighlands.ca Minden Hills residents please visit www.mindenhills.ca

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MINDEN HILLS

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COMMITTEE OF ADJUSTMENT - NOTICE OF PUBLIC HEARING Application FOR Minor Variance

Take Notice that the Committee of Adjustment of the Township of Minden Hills will hold a Public Hearing on:

DATE: Monday, May 27, 2019

TIME: 9:30 a.m

LOCATION: Municipal Council Chambers 7 Milne Street, Minden, Ontario.

to consider minor variance applications PLMV2019005, PLMV2019011, PLMV2019012, PLMV2019014, PLMV2019015, and PLMV2018053. The purpose of the Public Hearing will be to consider the proposed Minor Variances to the Township of Minden Hills Zoning By-law pursuant to Section 45 of the Planning Act. The minor variance applications being considered are listed below:

PLMV2019005 - Part of Lot 14 & 15, Concession 11 & 12, Geographic Township of Minden; municipally known as 1064 Omagaki Road (see Key Map).

Purpose and Effect of the Application: To permit the construction of a 65 m² (700sq.ft.) garage/workshop addition to the existing non-complying motel. The variance sought would further reduce the interior side yard setback from the existing setback of 8.2m. (27') from Omagaki Road to a distance of 2.1m. (7') whereas 10m. (32'10") is otherwise required.



PLMV2019011 - Part of Lot 4, Concession 'A' and Lot 1, Concession 2, Geographic Township of Minden; municipally known as 104 Golf Course Road; and located adjacent to the Gull River (see Key Map).

Purpose and Effect of the Application: To permit the placement of a bulk storage tank (propane sales tank) within the required side yard setback. The variance sought would allow for the propane tank to be placed 8.5m. (27'9") from the edge of the property line abutting Water Street whereas 10m. (32'10") is otherwise required.

PLMV2019012 - Part of Lot 7, Concession 6, Geographic Township of Minden; municipally known as 1419 Ball Road; and located on Mountain Lake

Purpose and Effect of the Application: To permit the replacement of the existing 76.1 m² (819.1sq.ft.) non-complying dwelling which is located 2.7m. (8'10") from the High Water Mark with a new, larger and taller dwelling. The new dwelling consists of a 31.1 m² (335sq.ft.) addition together with a partial 2nd storey. The variance sought would allow for a 40% increase in size and a 3.5m. (11'6") increase in height whereas no increase in size or height is otherwise permitted for a non-complying dwelling located within 15m. (49'3") of the High Water Mark.



PLMV2019014 - Part of Lot 20, Concession 11, Geographic Township of Lutterworth; municipally known as 2120 Deep Bay Road; (see Key Map).

Purpose and Effect of the Application: To permit a reduction in the required rear and side yard from 15m. (49'3") to 4.6m. (15'); a reduction in the required front yard from 15m. (49'3") to 10m. (32'8") and an increase in the maximum lot coverage of 10% to 20%. The variance sought would allow for a new 132.7 m² (1428sq.ft.) dwelling and attached deck to be constructed on the undersized lot which measures 0.09 ha. (0.23 ac.) in area and having 30.5m. (100') of frontage along Deep Bay Road.



PLMV2019015 - Part of Lot 12, Concession 6, Geographic Township of Minden; municipally known as 1273 Shanahan Trail; and located on Horseshoe Lake (see Key Map).

Purpose and Effect of the Application: To permit the construction of a new 6.7 m² (72sq.ft.) deck to be added to the existing 26.8 m² (288sq.ft.) boathouse. The variance sought would allow for the deck to be attached to the boathouse which was previously subject to Minor VarianceApplicationPLMV2016066whichallowedforanincreaseinheight associated with the change from a flat roof to a peaked roof.



HAVE YOUR SAY: Input on the above noted applications is welcome and encouraged. You can provide input by speaking at the public meeting or by making a written submission to the Township. If you do not attend the public meeting, it may proceed in your absence and, except as otherwise provided in The Planning Act, you will not be entitled to any further notice in the proceedings

WRITTEN SUBMISSIONS: To provide input in writing, or to request written notice of the decision, please contact the undersigned or e-mail iclendening@mindenhills.ca. If you do not make a written submission prior to a decision, nor make an oral submission at the Public Hearing, and subsequently submit an appeal of the decision, the Local Planning Appeal Tribunal may dismiss the appeal.

MORE INFORMATION: Additional information regarding these applications will be available for public inspection until noon on the day of the hearing at the Township of Minden Hills Building and Planning Department during normal office hours, and online at www.mindenhills.ca/newsroom.

PRIVACY DISCLOSURE: As one of the purposes of the Planning Act is to provide for planning processes that are open and accessible, all written submissions, documents, correspondence, e-mails or other communications (including your name and address) form part of the public record and may be disclosed/made available by the Township as deemed appropriate, including anyone requesting such information. Please note that by submitting any of this information, you are providing the Township with your consent to use and disclose this information as part of the planning process.

ACCESSIBILITY: The Township of Minden Hills is committed to providing services as set out in the Accessibility for Ontarians with Disabilities Act, 2005. If you have accessibility needs and require alternative formats or other accommodations, please contact the undersigned.

For more information about this matter contact iclendening @mindenhills.ca. $\label{eq:contact} \begin{picture}(100,0) \put(0,0) \put(0,0$

Dated this 16th day of May, 2019. Ian Clendening, MPI., ACST Secretary-Treasurer, Committee of Adjustment P.O. Box 359, 7 Milne Street, Minden ON., K0M 2K0



Junior Red Hawks Brooke Stover and Haley Boylan help control the midfield.

Red Hawks soccer starts with success

by DON SULLIVAN

Special to the Times

The HHSS girls soccer teams got off to a good start this season on May 1 despite being unable to practice or play on their home field due to winter damage. The junior and senior teams travelled to Lindsay for their season opening games.

The senior girls played first against St. Thomas. The Red Hawks forwards showed in the first few minutes that they were going to pose problems for the home team. Jessica Byers opened the scoring with a calm finish on a Melissa Brinkos cross. That goal was quickly followed with strikes by Natalya Gimon and another one by Brinkos. With the game clearly in hand, the Red Hawks eased off the throttle and worked on dominating possession and maintaining their defensive posture. Nicole Cox and Paige Billings rounded out the scoring as the girls finished with a 5-0 victory. Hawks goalkeepers Chloe Samson and Kiera Casey shared the shut out.

The juniors faced Norwood in the second game. The Norwood squad started aggressively, seeking revenge after losing to the Red Hawks in last year's COSSA championship final. With almost a full squad of returning players the junior Hawks were up for the challenge. They dominated possession and used a strong passing game to slowly take

over. They rolled to a 5-0 victory with Gillian Rosik leading the way with two goals while Olivia Melle, Alexius Mills, and Hayley Boylan rounded out the scoring. Boylan, Brooke Stover, Courtney Semach and Ava Smith controlled the midfield giving goal-keeper Connie Oh a relatively easy time in earning her shutout.

The juniors also travelled to Peterborough's St. Thomas on May 3 to face the Kenner Rams on May 3. Despite an evenly played first half the Red Hawks found themselves down a goal as Kenner pounced on a loose ball from a bad bounce (for the Hawks) to open the scoring. The team worked hard in the second half, with Rosik and Boylan teaming up well to create chances, but they were unable to find the back of the net. The Rams scored two more times on a couple of brilliant strikes and finished with a 3-0 victory. Danaya McDuff was the stand out player of the match for the Red Hawks.

The junior team is coached by Doug Sullivan and Amy Klose while the seniors are coached by Janice Scheffee and Sullivan.

The A designated Hawks seniors and juniors teams were shut out by AAA school I.E. Weldon on Wednesday, May 8. The teams played with effort and passion, but lost to a strong side and will use the experience to develop and prepare for the coming postseason in hopes to advance to the COSSA A championship.



Maya Meraw, in red, is part of the Red Hawks' senior girls soccer team, which started its season with a 5-0 win over St. Thomas. /Photos courtesy of Melissa Brinkos

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New regulations aimed at improving student safety: MPP

Local MPP Laurie Scott says proposed regulatory changes will improve safety of children going to and from school.

The new measures would include allowing evidence from stop-arm cameras on school buses to be used in court without requiring additional witnesses, according to a press release from Scott's office.

Transportation Minister Jeff Yurek told CBC that in cases where a school bus driver couldn't attend a court hearing, camera footage from the stop-arm would not be admissible. The proposed legislation would change that.

Scott said in a press release that the legislation will hold drivers to account.

"Drivers who endanger the safety of our children must be held accountable. These proposed changes will help ensure that our children are protected while on the way to, and from school," Scott said.

The legislation would allow municipalities to target drivers who endanger children's safety on school buses with additional monetary penalties.



The Township of Algonquin Highlands is inviting sealed bids from those interested in submitting proposals for the following two projects:

- 1. Roof Replacement PWP-01-19.
- 2. Property Maintenance PWP-02-19.

Closing date: Friday May 31, 2019 at 3:00pm

Proposal and submission documents can be found at www.algonquinhighlands.ca

For further information contact: Adam Thorn, Operations Manager Township of Algonquin Highlands 705-489-2379

Track season begins at HHSS

The Red Hawks track and field team were busy preparing for the coming season running, jumping and throwing in their respective events on Wednesday, May 8 at the Gary G. **Brohman Athletic** Field in Haliburton. **/DARREN LUM** Staff





Request for Proposals

The Township of Algonquin Highlands is inviting sealed bids from those interested in submitting proposals for the following two projects:

> 1. Land Clearing / Braeloch Pit. PWP-03-19.

Closing date: Thursday June 13, 2019 at 3:00 pm (ET)

2. Screen and Stack Winter Sand. PWP-04-19.

Closing date: Thursday June 27, 2019 at 3:00 pm (ET)

Proposal and submission documents can be found at www.algonquinhighlands.ca

For further information contact: Adam Thorn, Operations Manager Township of Algonquin Highlands 705-489-2379

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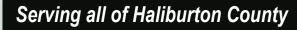
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UPCOMING

Community **Events**

Want to get your event in Community Calendar? It's free! Contact Pat at classifieds@haliburtonpress.com

Fill the Boat

When: Saturday, May 18, 11 a.m. to 3 p.m.

Where: Wilberforce Foodland

Help the Central Food Network "Fill the Boat" for the Wilberforce and Cardiff Food Banks at our summer Food Drive at the Wilberforce Foodland. Please come out and support your local food banks on the holiday weekend!

Walk for Guide Dogs

When: Saturday, May 18, 8 a.m. to 1 p.m. Where: Haliburton United Church

Haliburton Lions Club Walk for Guide Dogs, trunk sale and bake sale with entertainment by Gord Kidd. Trunk sale in the parking lot: \$10 entry fee to sell from your car truck. Phone Lion Lynda at 705-457-2797 to book. Bake sale in the church. Walk for Dog Guides: Registration at 11:30 a.m. with walk at 12 p.m. Pledge forms available online at haliburtonlions.com.

Friends of the Haliburton County Public Li-

brary Mega Book Nook Sale

When: Saturday, May 18, 2019, 9 a.m. to 3 p.m.

Where: Minden Hills Library

We will be using indoor space in our library this year! There is a great variety of gently read books: thrillers, mysteries. romance, biographies, children and youth selections, Canadian authors, cookbooks, gardening, coffee table books, some very old books and many more! We are trying to eliminate our plastic footprint and will have some paper

cloth bags available or bring your own similar type bag. Fill your bag for \$5. Paperbacks 50 cents, hardcovers \$1.

Come out and support our libraries! **Gooderham 503 Street Sale Event**

When: Saturday, May 18, 9 a.m. to 3 p.m.

Where: Downtown Gooderham

Set up your table anywhere in the centre of town. All spaces are free. A donation to our Canada Day

celebrations would be appreciated. Rain Date: Sunday, May

Bring your own table and chairs.

For more information contact: Denise Winder 705-447-2953

Marilyn Wooder 705-447-2906

The Gooderham United Church Yard Sale

is also happening at the same time. Entertainment by

David Wrightman

Firefighter barbecue available

Pie Sale

When: Saturday, May 18, beginning at 9 a.m. until sold out Where: Ingoldsby United Church, 1741 Ingoldsby Road Variety of homemade pies, tarts and crisps.

Haliburton Highlands Field Naturalists Annual Rail Trail Bird Walk

When: Saturday, May 18, 6:15 a.m. Where: meet in the rail trail car park,

7286 Gelert Rd., Haliburton

Join leader Brian Pfrimmer. "The early birder sees the birds." Bring bug spray, binoculars and wear appropriate clothing and shoes

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This vear marks the 25th year of practice for registered massage therapist Jacqueline Ziorjen, who owns Of Sound Body on Bobcaygeon Road in Minden./SUE TIFFIN Staff

Massage therapist celebrates 25 years in Minden

by SUE TIFFIN Times Staff

Jacqueline Ziorjen sits by the window in her massage therapy clinic, looking out onto Bobcaygeon Road in Minden while sun streams through the glass onto her smiling face.

This year marks 25 years – a quarter century – since she opened Of Sound Body Massage Clinic and Wellness Centre, in 1994, and while discussing her career she sometimes takes pause to marvel at that anniversary.

"I'm very proud of my accomplishment, particularly being in a small town and particularly because of the profession that it is," she says. "But how I've seen our profession morph, in the acceptance of it over these 25 years is something that I just really want to celebrate with every other RMT that's around here, it's about all of us."

Ziorjen was working as a pharmacy technician at a Minden drug store when her regular massage therapist - who she

would later see as a mentor – left the area. Ziorjen had been suffering from headaches, and after seeing another massage therapist who was trained but not licensed, an idea popped

"Coming away from her that day, I thought, I think this town needs a registered massage therapist," she said. "That would have been December 1991, because by September 1992, I was registered into the RMT program. It just happened."

Ziorjen registered in the two-year program at the Canadian College of Massage and Hydrotherapy in Sutton, "the birthplace of massage therapy education in Canada," according to the school's website. She commuted every day, sometimes staying at a relative's house in Kirkfield to cram so that she could be that much closer to school, and oftentimes crying during the drive due to stress. At the same time, she had a two-year-old daughter.

"I would cook meals preparing for the week, and do the stuff you do," she said. "The time that I would drive would be the time that I would transition from mother-wife-student and vice versa. It was a challenging number of years."

Despite the challenges: the expense of school, the responsibilities at home, the intensity of the program, studying physiology and anatomy, Ziorjen has happy memories.

see MINDEN page 21





JohnHoward



EMPLOYMENT ONTARIO



Minden practice growing with increased awareness

from page 20

"I'd get to school, and before an exam, I would sit in my car and put on 'Paradise by the Dashboard Light,' and I would sit in my car and [rock out]," she said. "And then I'd go into class, and this wasn't me at all, I had a friend give me a deck of angel cards [cards of inspiration], and I was so not there, but I thought, cool, angel cards. So I would do my Meatloaf thing, go into the class, and I would pick an angel card, an d it got so that the whole class, it just became our tradition that everyone came and picked an angel card before class."

Ziorjen already had a health science background, but said at times RMT training, which included the study of nutrition and the use of hot tubs and saunas in hydrotherapy, was "mind-boggling."

"The schooling, you learn the name of every notch and line on every bone that every muscle attaches to," she said. "To me ... I use the analogy of a big Mousetrap game. The most intricate, sophisticated piece of machinery. And you just think, who is at that drafting table, because it is mind-boggling that this does that which trips this and then that and then this happens. I found it fascinating ... just a couple of months into it there was no doubt in my mind."

Upon graduating, Ziorjen opened the clinic at 114 Bobcaygeon Road alongside a physiotherapist, planning the interior decorating with her dad, whose paintings still hang on the walls of the bright space. And then, she

"In terms of referrals, there weren't referrals then," she said. "I sat here and waited for the phone to ring. You came in every day and waited for the phone to ring."

Ziorjen said she had no business background at the time, and credits Mary Coneybeare, then-bank manager at TD Bank, for helping her get started.

"She was, you have to think of the period of time this was, she was so pro-women in business," said Ziorjen. "She was so supportive of women in business and I thank my lucky stars that she was there for me to help provide the financial banking. I had to pick a number out of the air and say this is how much I'm going to make this year, and you know what, I made it."

For a short time, Ziorjen said she was the only registered massage therapist between Coboconk and Gooderham.

"I kind of had to dispel the myth of that whole mentality of backroom massage parlour thinking," she said. "So I had to educate people. Any sort of opportunity that I could go to present or talk to people, any challenge that came my way, I took it. I took my table

She said she'll never forget the day she got a referral from Dr. Heyes.

"Which was big, because I didn't get referrals from doctors then," she said. "And he referred me to see a client who was at home, terminal with cancer. As a result of medica tions and because of the cancer she was suffering from edema in her legs and it made her uncomfortable. He said, is there anything you can do? Well, did I learn specifically what to do, no, but I'm going to apply the principles of what I learned, swelling technique, and away I went. I think I saw her maybe three or four times before she died, but the doctor called me to tell me what a difference it made. And I was like, wow. That was cool."

In year six, Ziorjen began getting referrals from insurance companies for people who



Alana Coty, a rehabilitative manual therapist, fourth year student of manual Osteopathy, and medical illustrator seen here with a watercolour she created, joins the Of Sound Body space in May. /SUE TIFFIN Staff

had been in motor vehicle accidents, and that was the mainstay of her business for years.

Since she began her practice, she has worked on a dog, children as young as two, and has a 91-year-old bi-monthly client who Ziorjen says, "she wants to be like when she grows up." She has worked on clients while they were in labour, and also while they were in the very end stages of life. She has had what she calls "soulful conversations," from a cross-section of clients.

"Those conversations that I have, what I learn about people, and there aren't always conversations that go on, that is what feeds my soul," she said. "It sounds hokey, corny, but it just really, really, does. I've felt some of the greatest connections with people. I've had people have conversations in that room that they've never had with anyone else, because they trust."

Ziorjen said the changes since the beginning of her career in the public's understanding of massage therapy and the respect of the profession have been incredible.

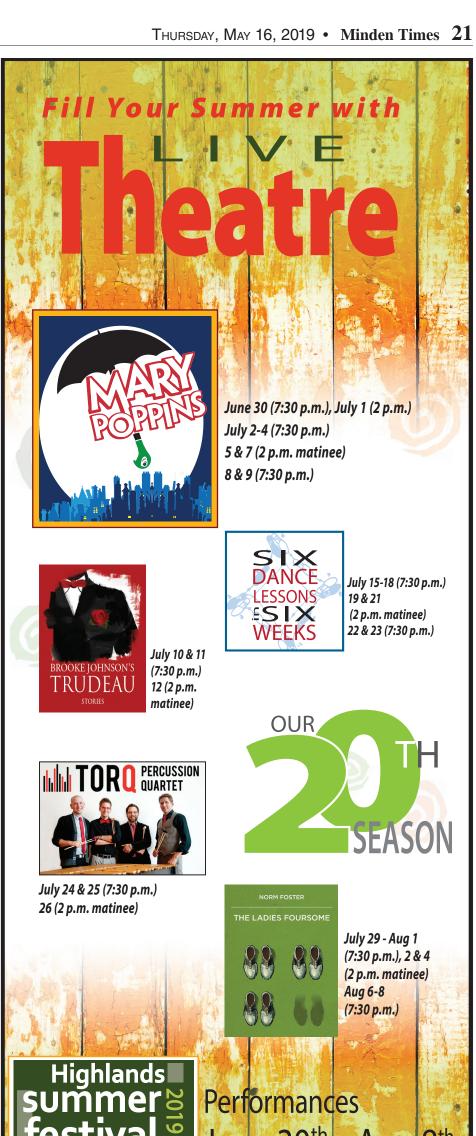
"The changes in the profession, even just up here, it's gone from having to educate the client to clients calling and saying, are you an RMT? So that's been huge," she said. While reminiscing about her career, at one point, Ziorjen's eyes fill with tears, remembering a career she calls "colourful."

"I would not change it for a minute," she said. "It's just been ... it has been so fulfilling ... This part of my life is very peaceful. I still to this day never get up thinking I don't want to go to work. I never don't want to come to

Besides celebrating the 25th year of business, Ziorjen was excited to announce last week that business is growing, with two practitioners - Tara O'Sullivan, an RMT, and Alana Coty, a rehabilitative manual therapist (Osteopathy) - sharing space at Of Sound Body beginning in May. Howie Owens, a naturopath, and Al Kwan, an acupuncturist, also see clients at the clinic.

"We're growing and it's just evolved into the next chapter," said Ziorjen.

Of Sound Body is open from Tuesday to Friday from 9 a.m. to 5 p.m. at 114 Bobcaygeon Road. For more information, call 705-286-1123 or visit the Of Sound Body Facebook page.





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Apply in person by dropping off your resume at The Pump Shop at 5161 County Road 21, Haliburton or send cover letter and resume by email to <code>jesse@thepumpshop.ca</code>.
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Please submit your resume to Cottage Country Building Supplies, 15492 Highway #35, Box 4010, Carnarvon, On to the attention of Ryan Emmerson or email to: ryan@cottagecbs.com

Emmerson Lumber, Box 150 Haliburton, On to the attention of Cleve Roberts or email cleve@emmersonlumber.com

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Opportunities are available for nurses to provide rural nursing at both the Minden and Haliburton Emergency Departments, which have an average 30,000 combined visits per year, and in the 14bed inpatient unit. In addition, opportunities exist for nurses to provide holistic care to residents at Hyland Crest, a 62-bed facility in Minden, and in Haliburton at a 30-bed facility, Highland Wood.

As a member of the health care team, the RN and RPN has a unique role in promoting health, in preventing illness, and in helping clients attain and maintain the highest level of health possible. The RN is responsible for providing comprehensive care to patients, with predictable and unpredictable outcomes who may or may not be clinically stable. The successful candidate will possess a diploma/degree in Nursing and a current Certificate of Competence from the College of Nurses of Ontario. Recent experience in an emergency or long-term care setting is preferred.

PHYSIOTHERAPIST

(Permanent Full-Time, Part-Time, Casual)

The physiotherapist functions as a member of a multidisciplinary team and is responsible for the management of the physiotherapy aspects of the patient's care. Upon referral from a physician, the physiotherapist reviews the patient's history, assesses the patient and records all relevant details. The treatment is planned by the physiotherapist and implemented at the discretion of the physiotherapist. To achieve this, the successful candidate must possess; a Degree/Diploma in Physiotherapy from a recognized school; registered and in good standing with the College of Physiotherapists of Ontario; working knowledge of rehabilitation, orthopaedics, neurology, sports medicine preferred; membership with the Canadian Physiotherapy Association recommended; current C.P.R. certification; and good attendance record.

PHYSIOTHERAPY AIDE

(Permanent Full-Time, Part-Time, Casual)

The Physiotherapy Aide helps clients to reach optimal function by carrying out and supervising established treatment programs under the direction and supervision of a Physiotherapist; works with inpatients and outpatients of the Rehabilitation Department; is responsible for maintaining patient care supplies, equipment and linen supplies; assists in data collection for program evaluation; provides reception and provision of office functions specific to the Rehabilitation Department; maintains files, charts, scheduling and waiting list functions; assists in staff training and educational sessions where appropriate. The successful candidate must possess; formal post-secondary training in a field related to Physiotherapy and/or rehabilitation such as a rehab assistant program, athletic therapy, kinesiology, physical education i.e., individuals with training in human anatomy, physiology, exercise prescription for healthy individuals. Previous experience in a similar setting and in dealing with the general public/patients would be considered an asset.

If you are interested in joining the HHHS team for any of the above positions, or would like more information on the opportunities, please contact:

Human Resources Haliburton Highlands Health Services Box 115, Haliburton, Ontario, KOM 1SO hr@hhhs.ca Fax: 705-457-4609 www.hhhs.ca

Haliburton Highlands Health Services thanks all applicants, however, only those selected for an interview will be contacted. If you are contacted by HHHS regarding a job opportunity or testing, please advise if you require accommodation due to a disability. Information received relating to accommodation needs of applicants will be addressed confidentially

Minden Times

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400 EMPLOYMENT OPPORTUNITY



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If you wish to apply, please send a resume to Matt Brown/Site Manager at matt@onondagacamp.com. Please feel free to contact at (705-286-5025)



Township of Algonquin Highlands **Public Works Department**

Employment Opportunity Full Time Maintenance Worker

The Township of Algonquin Highlands is looking for a full-time Maintenance Worker (Stanhope Yard) with equipment and building repair experience to assist with all aspects of municipal summer and winter maintenance programs.

A detailed job description is available online at www.algonquinhighlands.ca

The Township of Algonquin Highlands offers a friendly and busy work environment. Interested parties are invited to submit their resumes to the address below no later than 3:00 p.m. local time on May 21, 2019.

> Township of Algonquin Highlands 1123 North Shore Rd. Algonquin Highlands, ON K0M 1J1 ATT: Mr. Adam Thorn **Operations Manager**

Email: athorn@algonquinhighlands.ca

We thank all applicants and advise that only those selected for an interview will be contacted.

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Point in Time Invites You

to attend our

Annual General Meeting

on Tuesday, June 11, 2019 Haliburton County Youth Hub, 12 Dysart Avenue, Haliburton

Socializing and light refreshments at 5:30 p.m. Meeting commencing at 6:30pm

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650 OBITUARIES

MARTIN, Margaret Bernice

Serving Haliburton

Passed away peacefully on Friday, May 10, 2019 at the Collingwood General and Marine Hospital.

Bernice Martin (nee Fralick) of Wasaga Beach in her 82nd year. Beloved wife of the late Ed Martin. Dear mother of John Robert Martin of Wasaga Beach. Sister of Myrtle (late Stewart) Jamieson of Elmvale, Marion (Tom) Beauchamp of Lafontaine, and Glenn Fralick of Orillia. Sister-in-law of the late Norman, late Margaret, late Jim (survived by Lucy), late Harvey (survived by Annette), Cecil (late Jean), and Verna (Bruce). Bernice will be missed by her many nieces, nephews, and cousins.

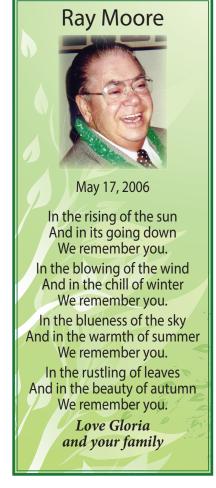
A visitation will be held at the Lynn-Stone Funeral Home in Elmvale from 2-4 pm on Wednesday, May 15 and from 10-11 am on Thursday, May 16. A funeral service will be held in the chapel on Thursday, May 16 at 11 am.

Cremation with internment at the Minesing Union Cemetery.

Memorial donations to the Heart and Stroke Foundation or the Lung Association would be appreciated.

Expressions of sympathy may be send to www.lynnstonefuneralhome.com





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Wednesday, May 29, 1985

Taxes jump 10.8%

Ratepayers in the municipality of Anson, Hindon and Minden face a 10.8% increase in property taxes in 1985 due in large part to a significant hike in the education levy.

The 1985 budget of \$2,720,749 approved by council at a meeting on Thursday includes municipal expenditures of \$1,612,990, an education levy of \$1,061,209 and payments to the County of Haliburton of \$151,522.

The municipal levy has increased by only 3.4% due in part to the \$105,000 surplus from last year.

The County levy has shown only a slight increase of 0.6%.

The education levy announced by the Haliburton County Board of Education last month has had a major impact on the overall tax increase. The levy increased by \$167.151 to boost the overall tax

increase to just under 11%. In 1985 overall expenditures including county, education and municipal spending, are expected to drop by \$9,404 from last year. Total municipal expenditures are also expected to drop slightly.

While many of the separate expenditures by the municipality will remain much the same as last year, there are some major differences.

Administrative costs are expected to drop from \$156,644 to \$146,070. Similarly funds spent on property will be down from

\$51,621 to \$38,161.

The most significant decrease in expenditures is the amount spent on special programs that are funded mainly by senior levels of

government. In 1984 \$224,528 was spent on the programs. This year only \$48,152 has been allocated.

The municipality will be paying more attention to road construction this year. \$162,500 has been earmarked for road construction in 1985, an increase of \$23,781 over last year's actual expenditures.

The municipality will also be spending more on planning and development. Spending will increase from \$54,872 to \$74,570.

Parks and community celebrations will benefit even more from this year's budget. Allocations will nearly double from \$78,077 in 1984 to \$131,335.

\$8000 has been set aside for the municipal election in November, an expense that the municipality has not been able to consider since 1981.

On the revenue side the municipality expects to collect \$1.819.584 in taxes in 1985, an increase of \$242.027 over last year.

While unconditional grants are expected to increase by \$11.616 to \$195.055, specific grants are expected to drop sharply from the 1984 figure of \$715,384 to \$480,740.

Budget spurs surplus debate

The 1985 municipal budget was passed unanimously at the meeting of council on Thursday but not before council members engaged in a spirited debate on the implementation of the 1984 surplus.

Acting Deputy Reeve Gary Kenney began the discussion by commending Acting Reeve, Ed Pergolas and Clerk-Treasurer Bev Millar for their work in preparing "the most clearly stated budget we have seen." Kenney added that although he would have preferred to

see a lower increase in the education levy, "The bottom line is that this is a good budget."

Kenney said he did have concerns however since, "There is too much leeway in interpreting the budget in some areas." "We will need to consider what to do with the surplus." He suggested that council should set some priorities in deciding how best to allocate the funds.

Noting that \$30,000 of the 1984 surplus has already been allocated to road repairs, as a result of a resolution passed at the last council meeting. Kenney outlined his priorities for the remaining \$75,000.

(more on page 3)



Saxophonist Heidi Tashlin concentrates during a performance of the HHSS Stage Band Thursday at Archie Stouffer Elementary School in Minden. The award winning musical ensemble made a number of public appearances in the past week delighting audiences wherever they appeared. For details of the annual Spring Concert, see page 9.

New manager for Chamber

The Haliburton Highlands Chamber of Commerce has a new manager. Shawn Hagerman, chairman of the hiring committee, announced last week that Mrs. Shirley Rapson will be taking over the post.

Mrs. Rapson, who is a native of West Guilford, will be assuming the Chamber duties June I. She is the daughter of Mrs. Elva Cooper and the late Stanley Cooper. Along with her husband, Ken, she is part owner, with her brothers Earl and Sid Cooper, of the Lakeside Golf Course at West Guilford.

She will be taking over the post which has been vacant for several months following the resignation of Emily Skinner. She stepped down in March due to ill health.

Mrs. Rapson is returning to the Highlands from Timmins where she owned and managed an insurance agency. According to the press release issued by the Chamber, the couple are eagerly looking forward to taking up residence in this area.

Voters want stability: Eakins

John Eakins is looking forward, cautiously, to the era of stable government which he expects to evolve after his party takes its seat on the government side of the provincial legislature. The Victoria-Haliburton MPP made his remarks Tuesday afternoon in an interview with The Times.

"Stability is an important factor at this time," the MPP said. "Most people I talk to do not want another election. With the leadership races at both the federal and

provincial levels and the elections at the two levels, people want a period of stable government."

Eakins said he felt his party, with the help of the NDP, could provide that stability in Ontario. However, he also sounded a note of caution by pointing out that even though the Liberals and NDP have formed an alliance which could command a majority in the Legislature, the party is not guaranteed it will get the chance.

He noted that following a vote of confidence in the Legislature, the actions of the Lieutenant Governor would be crucial. While most observers are suggesting the Queen's representative would ask the Liberals, with the help of the NDP to form the next government in the province, he could also call for a general election. While this possibility appears distant, Eakins has not discounted it

The Victoria-Haliburton

MPP said he expected if the Liberals do lead the next provincial government, new legislation would be enacted which would benefit all parts of the province. He said he could not identify any particular legislation which would have a dramatic impact on this riding, but suggested the area would be a beneficiary as would other sectors of the province.

Eakins is one of the more

(more on page 3)

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One of a kind property, offered for the first time!

NW Exp, Sunsets, Kennisis \$539,000

3 Bdrm, Yr Rd Cottage, Open Concept LR/DR/Kit

Several Decks, Priv, Deep Water, Wide Lk View

West exp 3bdrm cottage, laminate floors Natural terraced lot, sand beach & flat rock shelf Split level design, lots of trees

Silver Beach Townhouse \$519,900

Apprx 2765 Sq. Ft, Open Concept

Insulated Attached 2 Car Garage, Elevator

3 Bdrm, 3 Bath, Custom Kitchen





Gull River \$345,900

- 3-bedroom Cottage on Minden's Gull River
- 1100 sq. feet, open concept living, furnished
- · Western exposure, sandy beach and deep water



Gull Lake Cottage \$549,900

- 4 season, 3 bedrooms, 2 baths
- Beautiful view of Gull Lake
- One of our premier lakes, great boating, fishing





Kushog Lake \$449,000

Wood Firs, Cathedral, Back Split, Sauna





• Custom built, 3300 sq. ft. home with 4 beds, 4

baths (partially completed)
• Over 500' waterfront on quiet lake in Lake of







Haliburton Home \$579,900

- Stunning house on a 108-acre property Private paradise with trails, streams & ponds
- 3000 sq. ft renovated, 3 bedrooms, 3 baths

Esson Creek \$389,000

- Clean & tidy year-round cottage on the water
 Nicely finished 3-bedroom, picturesque property
 Updates include floors, kitchen and bathroom
- Cathedral LR, fireplace, new propane furnace









Pell Lake \$699,000





NEW LISTING



Charming Home \$357,000

- 3 + Bedroom home in Haliburton Village
- Open concept, full finished lower level
- Not directly on the water, yet steps from Head Lake





- 3BR Viceroy-style cottage, Newer septic & winter water system
- 2-lake chain with Miskwabi Lake for miles of boating · Adjacent vacant lot also available

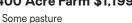




Private Lot on Kushog Lake \$239,900

- Southern 4 acre point of Goat Island
- 1290' of Waterfrontage, excellent Swimming
- Make this your Serene HAPPY PLACE





- Large waterfront on Fishog riverBarn in good shapeSugar Shack



Wilberforce Home \$229,900

• Well kept 3-bedroom home

Walk to amenities

With attached enclosed car port









Deeded Moose Lake Access \$97,600

- Over an acre of land
- Steps from Sir Sam's ski hill
- Easy access



East Moore Lake \$875,000

• 3 lake chain, south exposure, sand shoreline

• Cottage 1 is 1400sf, with 4 bedrooms, 2 baths

· Cottage 2 is 900sf with 2 bedrooms, 1 bath





Redstone Lake \$734,900

· Beautiful 3-bedroom, 2 bath home or cottage

· Large windows & deck overlooking the lake

Southern Exposure, sand beach on Redstone











Kashagawigamog Lake \$460,000

- Well maintained 3 bedrooms, 1 bath, year-round home • part of our popular 5-lake chain, boat right into town
- Sandy, shallow waterfront with deep water off the dock

Pine Lake \$749,000

- Home or cottage on 4 acres
- Open concept main floor WO basement & sand beach WF

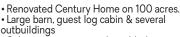






- Completely Renovated 3 Bdrm Home/Cottage
 Cathedral Ceilings, Pine Accents
 Certified Wood Stove
- Southern Exposure, Sand Beach





outbuildings • Solar generation provides added income

With offices located in Haliburton 705-457-2128. Minden 705-286-2138. Carnarvon (705) 489-9968, Kennisis/Redstone 705-754-1932, Wilberforce 705-448-2311. Dorset 705-766-2422



